

Exercise 3

Let's take action!

What are the 3 biggest mistakes you've made in your life?

You can write them down as headings on three different pages in your diary; under each one, dedicate 5 lines to describing the story and the main characters in it.

You can now fill the page with a description of what you learned from each mistake and how it helped you become a better person, first by understanding yourself better, then by understanding others.

How did this mistake help you become who you are today?

You can also write down the ways in which this experience helped you generally, in your life.

This practice will help you understand that something you consider a mistake can actually become a helpful lesson if we view it through a different lens.